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defining a first support surface at said front end of said saddle extending from a right side of said nose portion to a left side of said nose portion;

a resilient padding layer disposed on top of said frame and having a nose portion and a support portion supported by said frame nose and support portions, respectively, said nose portion of said padding layer being continuous from said right side to said left side at said front end of said saddle;

wherein said support portion of said padding layer is wider than said nose portion of said padding layer and said support portion of said padding layer is bifurcated to form a left and right seating surface for supporting the left and right ischial tuberosities of a saddle occupant thereby creating a median space between said left and said right seating surfaces that does not support the weight of a saddle occupant;

wherein said left and said right seating surfaces substantially diverge toward said back end of said saddle; and

wherein said median space extends through said support portion of said padding layer and to approximately midway along the front half of the saddle.

26. An ergonomic bicycle saddle having a front end and a back end, comprising:

a frame having a front end, a back end, a left side and a right side and defining a front half and a back half, said front half comprising at least part of a nose portion, said back half comprising a support portion, said nose portion being narrower than said support portion and sized and shaped to extend through the crotch of a saddle occupant, said support portion being wider than said nose portion and being sized and shaped to support the ischial tuberosities of a saddle occupant, said nose portion of said frame defining a first support surface at said front end of said saddle extending from a right side of said nose portion to a left side of said nose portion;

a resilient padding layer disposed on top of said frame and having a nose portion and a support portion supported by said frame nose and support portions, respectively, said nose portion of said padding layer being continuous from said right side to said left side at said front end of said saddle;